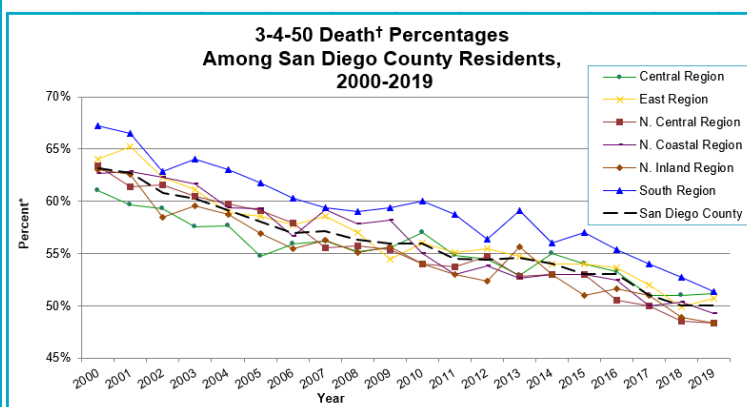


3-4-50: Chronic Disease Deaths in San Diego County 2000-2019

3 Behaviors
 poor diet, tobacco use, and
 physical inactivity
 ↓ contribute to
4 Chronic Diseases
 cancer, heart disease & stroke,
 type II diabetes, and lung disease
 ↓ that result in over
50 Percent
 of all deaths worldwide

Figure 1: 3-4-50 Death Percentages



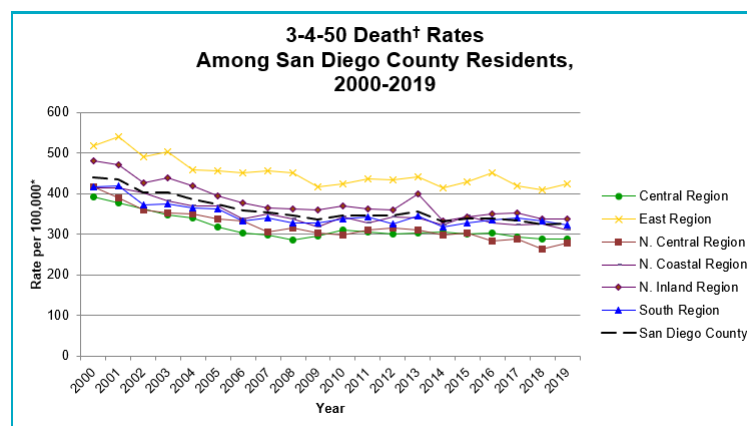
What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 50% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—San Diego County

- From 2000 to 2019, the overall percent of all deaths due to chronic disease decreased in the six Health and Human Services Agency (HHSA) regions, even though the number of all cause deaths have slightly increased. (Figure 1).
- Overall, chronic disease death rates have decreased in all HHSA regions from 2000 to 2019 (Figure 2).
- Among the HHSA regions, South Region had the highest percent of deaths due to chronic disease every year from 2000 to 2019.
- Among the HHSA regions, Central Region had the lowest rate of deaths due to chronic disease every year from 2000 to 2015, with the exception of 2002, 2010, 2014, and 2016-2019 when North Central Region had the lowest rate.
- Despite a decrease, chronic diseases still account for 50% of all deaths in San Diego County.

Figure 2: 3-4-50 Death Rates



† 3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
 * 3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



QR CODES:

QR codes are similar to barcodes. Use your smartphone to scan the QR Code and navigate directly to the report online for download. Download a free QR code reader from your app provider.

For more information and data, go to
www.SDHealthStatistics.com

What does 3-4-50 look like in San Diego County?

In San Diego County, 3-4-50 is actually 3-4-50

3 BEHAVIORS

TOBACCO USE

- In 2019, nearly 1 in 14 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2019, over 1 in 3 San Diego County children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2019, 62.1% of San Diego County children ate less than 5 servings of fruits/vegetables daily.

TOBACCO USE*

- In 2019, Central Region had the highest percent of adults who were current smokers.

LACK OF PHYSICAL ACTIVITY*~

- In 2019, North Coastal Region had the highest percent of children who spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION*

- In 2019, East Region had the highest percent of children who ate less than 5 servings of fruits/vegetables daily.

4 CHRONIC DISEASES

CANCER

- In 2019, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2019, 6.2% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, just over 1 in 11 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, nearly 1 in 6 San Diego County residents had ever been diagnosed with asthma.

CANCER

- In 2019, cancer was the leading cause of death across the HHSA regions., with the exception of East Region and Central region.

HEART DISEASE & STROKE

- In 2019, North Coastal Region had the highest percent of adults who had ever been diagnosed with heart disease.

DIABETES

- In 2019, Central Region had the highest percent of adults who had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, Central Region had the highest percent of residents who had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.

In 2019, South Region, East Region, and Central Region had the highest percent of deaths due to chronic disease at 51% and both North Central Region and North Inland Region had the lowest at 48%.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.